



# Regional Center for Poison Control and Prevention

*Serving Massachusetts and Rhode Island*



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## What is Carbon Monoxide (CO)?

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Carbon Monoxide is a highly toxic gas produced when fuel (kerosene, oil, coal, petroleum gas, and wood) is burned. It is colorless, odorless and tasteless – which makes it very hard to detect.

### What are sources of CO ?

- ☐ Oil, wood, or gas furnaces/boilers
- ☐ Space heaters (kerosene heaters)
- ☐ Gas or oil water heaters
- ☐ Gas stoves
- ☐ Gas dryers
- ☐ Fireplaces and wood stoves
- ☐ Charcoal grills
- ☐ Automobiles
- ☐ Lawn mowers, leaf blowers, snowmobiles, and other gas powered equipment

### Common symptoms of CO poisoning are similar to the flu. They can include:

Headaches, dizziness, weakness, nausea, vomiting, loss of muscle control, tightening of the chest, convulsions, redness of the eyes, sleepiness, fluttering of the heart, confusion, and/or ringing in the ear.

### If you suspect CO poisoning. . .

1. Evacuate everyone immediately to fresh air.
2. Call the **Regional Poison Control Center** at **1-800-222-1222**.
3. Call the local fire department, your oil dealer for oil-burning equipment, or your gas company for gas-burning appliances.

### How can you prevent CO poisoning?

- ☐ Have your vehicle's muffler and tailpipe inspected regularly.
- ☐ Never leave a car running in the garage. Never sleep in a car with the engine running.
- ☐ Repair gas powered engines (lawnmowers, snow blowers, vehicles, etc.) in a space with proper ventilation.
- ☐ Have heating appliances installed and serviced by professionals on a regular basis.
- ☐ Install a Carbon Monoxide detector in your home and garage.
- ☐ Clean your chimney/furnace every fall and check for blockage such as leaves or animal's nests.
- ☐ Check if extra ventilation is needed when:
  - Your home undergoes any major renovation.
  - You enclose heating equipment to gain additional living space.
- ☐ Never burn charcoal in an enclosed space such as in your home, garage, or tent.
- ☐ Do not use the oven or gas range to heat your home.
- ☐ Turn off space heaters and put out the fire in the fireplace/wood stove when sleeping.

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**24-HOUR POISON HOTLINE 1-800-222-1222**